

Antelope Valley Partners Host Faith Leader Health Summit

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Faith Leader Panel

On March 16, 2016, Antelope Valley Partners for Health hosted the Third Annual Faith Leader's Health Summit entitled "Graceful Journey: Healthy Aging in the Faith Setting" in SA1. The summit brought together faith, health and community leaders to discuss topics related to the needs of aging congregations, seniors in the community and the role faith-based institutions play in their lives. Specifically, the conference explored ways to address health challenges through proven interventions working in faith communities. The interactive program was designed to create a safe peer learning environment where shared challenges and missteps were discussed without judgement, while learning new ideas, examples and actionable best practices could be learned and implemented into community organizations.

The keynote speaker was Brenda Avadian, Author and Founder of The Caregiver's Voice, contributing writer to USA Today, and author of nine books spoke about the importance of self-care when caring for others. Daughter of an Armenian Holocaust

survivor who suffered from Alzheimer's Disease, Ms. Avadian shared her profound experience caring for her father utilizing support groups for her own mental health care, stressing the importance of physical exercise and nutrition.

Pastor Brian J. Coleman from Christ's Church of the Valley, Palmdale, served as Moderator and Master of Ceremonies. Honorable Bishop Henry Hearn was present and began lunch with a prayer.



Healthy Aging panel with DMH Valerie Schultz (center)

LACDMH's own Valerie Schultz, LCSW, from the GENESIS program participated in the Healthy Aging panel and was very informative discussing the issues many elderly share being isolated in their homes and how to best foster trust.

Special thanks to Diana Luna-Miller, B.A. LACDMH community Worker for making sure LACDMH was part of the community-based summit.



Left: Keynote Speaker Brenda Avadian and Julian Pijuan

Below: Julian Pijuan and clergy representatives from SA1 churches

